

AMENDMENT TO THE CLAIMS

Please cancel claims 1-3, 5-13, and 19-33 (claims 4 and 14-18 having previously been canceled); and add claims 34-62 as follows:

Claims 1-33 (Canceled).

34. (New) A method for treating Inflammatory Bowel Disease in a subject with inflammatory bowel disease, comprising:
 - providing a composition comprising a substantially starch free soluble fibre derived from a plantain; and
 - administering a therapeutically effective amount of the composition to the subject with Inflammatory Bowel Disease,
 - whereby the Inflammatory Bowel Disease is treated.
35. (New) The method of claim 34, wherein the soluble fibre is derived from an aqueous solution decanted from homogenised plantain.
36. (New) The method of claim 34, wherein the soluble fibre is derived from the precipitate of an aqueous solution, comprising a plantain, treated with ethanol.
37. (New) The method of claim 36, wherein the soluble fibre is derived from a precipitate of the aqueous solution subjected to a precipitation step with 80% ethanol.
38. (New) The method of claim 34, wherein the composition is in powder form.
39. (New) The method of claim 34, wherein the composition further comprises at least one flavouring, at least one sugar, at least one sweetener, at least one anti-oxidant, at least one mineral, at least one vitamin, or a combination thereof.

40. (New) The method of claim 34, wherein the Inflammatory Bowel Disease is Crohn's Disease.
41. (New) The method of claim 34, wherein the composition further comprises a pharmaceutically acceptable carrier.
42. (New) The method of claim 34, wherein the composition is a liquid, a capsule, or a tablet for oral consumption.
43. (New) A composition for use in the treatment of Inflammatory Bowel Disease, comprising a therapeutically effective amount of a substantially starch free soluble fibre derived from fruit of the *Musa* spp. obtained by:
- (1) chopping fresh fruit of the *Musa* spp. and removing any skins therefrom and placing the chopped fruit in an aqueous solution; or freeze-drying skinned whole fruit of the *Musa* spp., milling the dried fruit and placing the milled dried fruit in an aqueous solution; or milling desiccated fruit of the *Musa* spp. and placing the milled desiccated fruit in an aqueous solution; or providing flour prepared from fruit of the *Musa* spp. and placing the flour in an aqueous solution;
 - (2) taking the solution from (1) and heating to gelatinise starch and disperse any starch granules;
 - (3) cooling the heated solution from (2) and hydrolysing with starch digesting enzymes to ensure that all or most of the starch is removed;
 - (4) taking the solution from (3) and precipitating and washing with 80% ethanol;
 - (5) centrifuging the solution from (4); and
 - (6) discarding the ethanolic supernatant and freeze-drying or spray-drying the residue.
44. (New) The composition according to claim 43, wherein heating the solution comprises boiling the solution.

45. (New) The composition according to claim 43 in powder form.
46. (New) The composition according to claim 43, further comprising at least one flavouring, sugar, sweetener, anti-oxidant, mineral or vitamin.
47. (New) The composition according to claim 43, wherein the Inflammatory Bowel Disease is Crohn's Disease.
48. (New) A composition for use in the treatment of Inflammatory Bowel Disease, comprising a therapeutically effective amount of a substantially starch free soluble fibre derived from fruit of the *Musa* spp. obtained by:
- (a) freeze-drying and milling skinned whole fruit of the *Musa* spp.;
 - (b) boiling the milled material to gelatinise any starch and disperse any starch granules;
 - (c) hydrolysing starch in the material with amylase;
 - (d) precipitating and washing the material with ethanol and freeze drying or spray drying to produce a residue; and
 - (e) reconstituting the freeze-dried or spray-dried residue, boiling the reconstituted residue and centrifuging the reconstituted and boiled residue, wherein the supernatant from the centrifugation (e) comprises the substantially starch free soluble fibre.
49. (New) The composition according to claim 48, wherein the composition is in powder form, and the powder comprises the supernatant of step (e) that is spray-dried or freeze-dried.
50. (New) A nutritional product for use in the treatment of Inflammatory Bowel Disease comprising a therapeutically effective amount of a substantially starch free soluble fibre derived from fruit of the *Musa* spp. obtained by:
- (1) chopping fresh fruit of the *Musa* spp. and removing any skins therefrom and placing the chopped fruit in an aqueous solution, or freeze-drying

skinned whole fruit of the *Musa* spp., milling the dried fruit and placing the milled dried fruit in an aqueous solution, or milling desiccated fruit of the *Musa* spp. and placing the milled desiccated fruit in an aqueous solution, or providing flour prepared from fruit of the *Musa* spp. and placing the flour in an aqueous solution,

(2) taking the solution from (1) and heating to gelatinise starch and disperse any starch granules,

(3) cooling the heated solution from (2) and hydrolysing with starch digesting enzymes to ensure that all or most of the starch is removed,

(4) taking the solution from (3) and precipitating and washing with 80% ethanol,

(5) centrifuging the solution from (4), and

(6) discarding the ethanolic supernatant and freeze-drying or spray-drying the residue; or

(a) freeze-drying and milling skinned whole fruit of the *Musa* spp.,

(b) boiling the milled material to gelatinise any starch and disperse any starch granules,

(c) hydrolysing starch in the material with amylase,

(d) precipitating and washing the material with ethanol and freeze drying or spray drying to produce a residue, and

(e) reconstituting the freeze-dried or spray-dried residue, boiling the reconstituted residue and centrifuging the reconstituted and boiled residue,

wherein the supernatant from the centrifugation (e) comprises the substantially starch free soluble fibre.

51. (New) A nutritional product according to claim 50 in the form of a beverage or drink.
52. (New) The nutritional product according to claim 51 comprising between 1g/100ml and 30g/100ml of the substantially starch free soluble fibre.

53. (New) A nutritional product according to claim 50 in the form of a powder or powder mix.
54. (New) A nutritional product according to claim 50 in the form of a food bar or other solid food stuff.
55. (New) A method of producing a composition comprising a quantity of a substantially starch free soluble fibre derived from fruit of the *Musa* spp. for use in the treatment of Inflammatory Bowel Disease, the method comprising:
- (1) chopping fresh fruit of the *Musa* spp. and removing any skins therefrom and placing the chopped fruit in an aqueous solution; or freeze-drying skinned whole fruit of the *Musa* spp., milling the dried fruit and placing the milled dried fruit in an aqueous solution; or milling desiccated fruit of the *Musa* spp. and placing the milled desiccated fruit in an aqueous solution; or providing flour prepared from fruit of the *Musa* spp. and placing the flour in an aqueous solution;
 - (2) taking the solution from (1) and heating to gelatinise starch and disperse any starch granules;
 - (3) cooling the heated solution from (2) and hydrolysing with starch digesting enzymes to ensure that all or most of the starch is removed;
 - (4) taking the solution from (3) and precipitating and washing with 80% ethanol;
 - (5) centrifuging the solution from (4);
 - (6) discarding the ethanolic supernatant and freeze-drying or spray-drying the residue; and
 - (7) adding a quantity of the residue to the composition.
56. (New) A method of producing a composition comprising a quantity of a substantially starch free soluble fibre derived from fruit of the *Musa* spp. for use in the treatment of Inflammatory Bowel Disease, the method comprising:
- (a) freeze-drying and milling skinned whole fruit of the *Musa* spp.;

- (b) boiling the milled material to gelatinise any starch and disperse any starch granules;
- (c) hydrolysing starch in the material with amylase;
- (d) precipitating and washing the material with ethanol and freeze drying or spray drying to produce a residue;
- (e) reconstituting the freeze-dried or spray-dried residue, boiling the reconstituted residue and centrifuging the reconstituted and boiled residue, wherein the supernatant from the centrifugation (e) comprises the substantially starch free soluble fibre; and
- (f) adding a quantity of the supernatant to the composition.

57. (New) A method for treating Inflammatory Bowel Disease in a subject, comprising:

providing a composition comprising a substantially starch free soluble fibre derived from fruit of *Musa* spp. obtained by:

(1) chopping fresh fruit of the *Musa* spp. and removing any skins therefrom and placing the chopped fruit in an aqueous solution, or freeze-drying skinned whole fruit of the *Musa* spp., milling the dried fruit and placing the milled dried fruit in an aqueous solution, or milling desiccated fruit of the *Musa* spp. and placing the milled desiccated fruit in an aqueous solution, or providing flour prepared from fruit of the *Musa* spp. and placing the flour in an aqueous solution,

(2) taking the solution from (1) and heating to gelatinise starch and disperse any starch granules,

(3) cooling the heated solution from (2) and hydrolysing with starch digesting enzymes to ensure that all or most of the starch is removed,

(4) taking the solution from (3) and precipitating and washing with 80% ethanol,

(5) centrifuging the solution from (4), and

(6) discarding the ethanolic supernatant and freeze-drying or spray-drying the residue; or

(a) freeze-drying and milling skinned whole fruit of the *Musa* spp.,
(b) boiling the milled material to gelatinise any starch and disperse any starch granules,
(c) hydrolysing starch in the material with amylase,
(d) precipitating and washing the material with ethanol and freeze drying or spray drying to produce a residue, and
(e) reconstituting the freeze-dried or spray-dried residue, boiling the reconstituted residue and centrifuging the reconstituted and boiled residue, wherein the supernatant from the centrifugation (e) comprises the substantially starch free soluble fibre; and
administering a therapeutically effective amount of the composition to the subject,
whereby Inflammatory Bowel Disease is treated.

58. (New) The method of claim 57, wherein the composition is in powder form.
59. (New) The method of claim 57, wherein the composition further comprises at least one flavouring, at least one sugar, at least one sweetener, at least one anti-oxidant, at least one mineral, at least one vitamin, or a combination thereof.
60. (New) The method of claim 57, wherein the Inflammatory Bowel Disease is Crohn's Disease.
61. (New) The method of claim 57, wherein the composition further comprises a pharmaceutically acceptable carrier.
62. (New) The method of claim 57, wherein the composition is a liquid, a capsule, or a tablet for oral consumption.